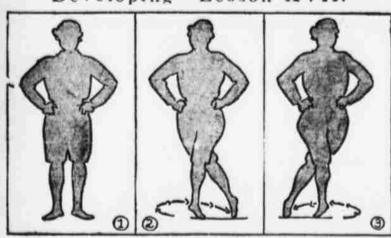
Evening World Daily Magazine

But, On the Other Hand— By Ferd G. Long

The Evening World's Perfect Figure Contest

Conducted by Pauline Furlong

To Make Perfectly Proportioned for Their Height Women Now 15 or More Pounds Over or Under Their Proper Weight. Developing-Lesson XVII.



Exercise for Strengthening Hips and Thighs.

C TAND with the feet nearly together, hands on the hips. Slide the right foot along the floor and backward and around until it is on the left side of the left foot. This is purely a hip twisting movement and the body must be held rigid above the hips. Do the same with the left foot; bring it around the right one in the same manner. Do this with each foot ten times and relax between the movements. At each backward swing of the foot it must be brought as far to the opposite side as possible to reach. Thin readers should practise this exercise with some of the others for at least five minutes several times each day.

Lesson Talks and Answers to Queries.

OOD health is entirely under the pint of hot water. When cold strain and brush into clean hair with a stiff brush. This is vegetable and harmless, but will rub off and must gain and retain it, be repeated every day. not for more relief CAMPHOR FOR REDUCING— HARRIET R.: Do not depend on camphor spirits for reducing any pages of the body but the breast. Of from disease and

suffering, but for personal pride, appearance and health. Who can ook with anything but genuine

and exercises. Two pounds lost week show a healthy and natchronically ill and various, often imagi-PERSPIRING FEET-MRS. L. S nary, ailments, including self-pity? H.: Yes, turpentine is effective for tired, perspiring feet, but alcohol is just as effective and more pleasant These women should be made to understand that such thoughts have bad to use. Turpentine is especially recommended for soft corns also. Place a piece of absorbent cotton saturated with turpentine between the toes each night and the corn will seen disappear. influence upon their organs and weak- to use. en the nerves until the brain becomes obsessed with the idea that something is really wrong with certain parts of the body. When this will soon disappear. unfortunate condition exists the relaxed nerve centres cannot possibly perform their important duties of dihas been published repeatedly and
will be sent you on receipt of two

culation thus becomes sluggish and cents. the capillaries lose the power of resisting common disorders and contagious diseases. Thus we see that depressed spirits, imaginary allments and morbid condition of the mind really often bring about conditions conducted to serious illnesses, which

The busy, active woman is indeed the happy one, and she who spends her time and other people's money flitting from shop to dressmaker, teas, dances, etc., and throwing away many valuable hours, which away many valuable hours, might be used to good advantage, soon grows critical, selfish, pessimistic, until the final day arrives mistic, until the final day arrives mistic, until the final day arrives

Of course, the nervous, lazy, childless woman finds the time-worn excuse that she is making a home for her husband, but catering to self and vanity constitutes the day's efforts, him until dinner time, when the over-worked husband is forced to sit through a morbid evening of com-How much better for idle stories.

How much better for idle women to find some real purpose and pursue it? Have a bobby, but let the health hobby be the most important one. If you would know the joy of living

thoughts were elsewhere.

To grow taller until you are twenty-four years old. Stretching is especially beneficial for this.

BLEACHED HAIR—MRS. K. F.:
Nothing will restore bleached or dyed hair to original color and nature will have to take its course. You can bleach the hair at the roots as it grows in, and make it the same color as the ends, but I would advise you to let it alone and treat the roots and scalp with olive oil massage, as the peroxide dries the hair, makes it brittle and causes it to fall out. If you decide to bleach the roots, roll each strand up and pin it to the top of the head to keep the peroxide from running down to the entils and making.

Thoughts were elsewhere, ered with dirt and grime, and upon his legs were many scratches and sores. He could scarcely stand, yet with the assistance of the household tasks with the assistance of the household tasks with the assistance of the household tasks with the sasistance of the household tasks with the sasistance of the household tasks with the assistance of the subdued atmosphere in the household tasks as a subdued atmosphere in the household tasks as not all season now and it was home of Jasie, and sighed with relief. The beggar came closer to the house, and slowly descended the hill. He paused when but a stone's throw any and sank upon a rock, wearied to exhaustion.

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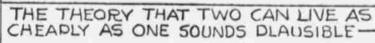
The beggar came closer to the house, and sink is eminence overlooking the home of Jasie, and sighted with relief. Yet we have not a subdued atmosphere in the possence of the gapetic original transfer or the season of the subdued atm

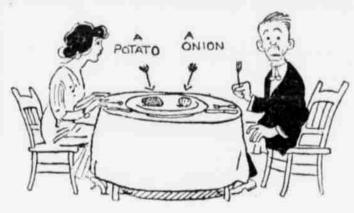
BY ASSIDUOUS PRACTICE ONE

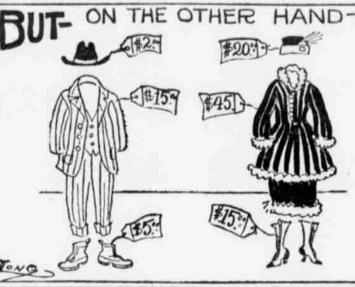


IT IS POSSIBLE FOR A MAN TO HIRE A DRESS SUIT TO FIT HIM IF HE HASN'T ONE OF HIS OWN-









THE OTHER HAND-

The Evening World's Kiddie Klub Korner

Conducted by Eleanor Schorer

Cousin Eleanor Invites

ALL KIDDIE KLUB MEMBERS TO MEET HER AT WASHING TON IRVING HIGH SCHOOL, NO. 40 IRVING PLACE, NEW YORK CITY, ON SATURDAY, MARCH 3, 1917, AND JOIN THE

Kiddie Klub Community Chorus

our own Community Chorus, day after to-morrow, you will find Boy Scouts standing at attention at the head of the stairs at the Fourteenth Street subway station, waiting to direct and take care of you if necessary. And on each block (there really are only a few) from there to Washington Irving High School there will be more boys in khaki. They will be our mile posts-or, rather, they will blaze the trail. It will be impossible to go astray, with these able, trustworthy and courteous escorts.

The escorts and ushers and doorkeepers will all wear our Klub colors-blue and gold. It would be nice if you could manage to wear them too, my cousins, under your pins, as we wore the red ribbons under them at the Tree of Light at Christmas time.

But whether you do or not we shall have a jolly time at our first chorus meeting, and no one will be happier than I when you sing and smile and are enjoying yourselves, as I know you will. Be sure to come. I am anxious to see and hear you.

All who have Kiddle Klub pennants, bring them. Won't that big auditorium look gay and the singing sound merry? Love from

Cousin Eleanor

Dicky and Dot in the Wonder City

-By Mary Graham Bonner-

A Creamery. COMETTEMES, said Uncle John, "there must be special wonders for Dicky because he is a boy-

like the Juvenile Police, which would be more interesting, naturally, to him than to Dot, But today I shall go on a trip with you both for Dot's special

"Hurrahi" said Dicky, for he was DICKY a very nice brother

That was what made them such fine than anything except perhaps lem companions and such good friends.



AND DOT LAUGHED TO THINK BOSSY COW WOULD ACT.

they started off.

By William A. Page

THE WANDERER

Based Upon Biblical Drama of Prodigal Son, Being Presented at Manhattan Opera House

NOVELIZED FROM THE PLAY BY MAURICE V. SAMUELS.

course, it is astringent, but its effects on superfluous fat are not far-reach-ing. Be satisfied to try the obesity diet and exercises and let nature take

its course, because there is no healthy

but if the stranger comes send for

And, though Gaal promised to do "Aye, a be so, he promised himself that he would "Then it he forthwith stroll down the road to-ward Hebron have the heavest Ellipse to the strong that the strong the strong that the strong that the strong that the stron

decide to bleach the roots, roll each strand up and pin it to the top of the head to keep the peroxide from running down to the ends and making them lighter.

AGE AND WEIGHT—MRS. K. G. F.: If you are thirty years of age and weigh 130, and are 5 feet 4 inches tall, you are about the proper weight. Age certainly makes a big difference in the weight and two or three pounds might be added for each year.

AGE AND WEIGHT—MRS. K. G. F.: If you are thirty years of age and weigh 130, and are 5 feet 4 inches tall, you are about the proper weight. Age certainly makes a big difference in the weight and two or three pounds might be added for each year.

AGE AND WEIGHT—MRS. K. G. F.: If you are thirty years of age and weigh 130, and are 5 feet 4 inches the way from Hebron I met a six at table? And gentle Nacmi—Ton the way from Hebron I met a stranger in the village had passed with tidings of our Jether."

Our Jether." repeated Gaal, scornfully. "What tidings?"

"I know not," replied Jesse, sornot able to banatis my brother Gaal now the mashis ter here? And my mother—does she the here? And my mother—does she attill live and sit with sad eyes look. The place where I was went to sit at table? And gentle Nacmi—with the place where I was went to sit at table? And gentle Nacmi—with the place where I was went to sit at table? And gentle Nacmi—with the place where I was went to still live and sit with sad eyes look. Fail to here? And my mother—does she the here? And my mother—does she to here? And the here? And gentle Nacmi—with the place where I was went to sit at table? And gentle Nacmi—with the place where I was went to sit at table? And gentle Nacmi—with the place where I was went to sit at table? And gentle Nacmi—with the place where I was went to sit at table? And gentle Nacmi—with the here? And my mother—does she to here? And my mother—d

"Aye, far."
"And thou art a beggar?"



sympathetically. "And in rags. I am. She paused, not realizing that she and lay there, overcome by And thus it was that the wanderer a beggar. It came home!

The shock his head sadly. The said, that the light would be better, stepped that the light would be better, stepped typ.

"I could not lie to her." he said, back and laughed.

stically. "And in rags. I am she paused, not realizing that she was about to give her confidence to and the realization that at last, after was about to give her confidence to and the realization that at last, after was about to give her confidence to and the realization that at last, after was about to give her confidence to and the realization that at last, after all led the bottles and rinsed them, the place he once called home, was at the place he once called home. They saw how the milk was poured them.

They saw how the milk was poured to he once called home, was at the place he once called home, was at the place he once called home. They saw how the milk was poured to he once called home. They saw how the milk was poured to he once called home. They saw how the milk was poured to he once called home. They saw how the milk was poured to he once called home. They saw how the milk was poured to he once called home. They saw how

and so enjoyed having Dot enjoy her- milk. Dicky liked hot chocolate bet self just as much as he always did. ter, but Dot really liked milk better onade in the summer when it was Dot smiled, for she was very happy very hot. But in the country she over the prospect of "her trip." And had always had milk just after it had been brought from the cow, so Uncle John thought the expedition he had planned would be interesting

They went to a big creame where the milk was arriving from the farms. Never had Dot seen so many cans of milk.

NEW KLUB PENNANT.





PIN COUPON "KIDDIE KLUB" EVENING WORLD